

FAD DIETS

"I took empty bottles of some over the counter diet pills(all outdated stock they emptied, and gave to me by a little private owned pharmacy). Plus a couple cans of Slim Fast, Dr. Atkins' book, and a few other diet books I have, and made up a display of these fads on a table. Made it look really neat and attractive with a bowl of silk flowers in the center. Then I cut pictures from magazines of healthy foods, put them on a poster board with a food diary, a TOPS Weight Record book, and a larger picture of a scales. Then below it set a "The Choice Is Yours" book, with a bowl of fruit in the center, all on another table set side by side. Then I read this:

Fad diets, there are so many out there that it is hard to know which will really work and which won't. Or do any of them really work at all?

From TV adds for pills, belts, pants, and wraps that all promise fast, miracle weight loss without even trying, to commercial weight loss programs, Americans are under siege to try gimmicks because we are as a population so over weight, and so willing to spend money to get it off FAST! There is no fast cure for losing weight!

Some of the many well known commercial programs are: Jenny Craig, or Diet Centers, where you have to buy their foods in order to lose or Weight Watchers, a very good program but all of them very costly!

Also out there are the Atkin's, The Zone, Sugar Busters, all low carbohydrate and can be very dangerous. "There's no question that people lose weight," says Marion Nestle, chairwoman of New York University's Department of Nutrition and Food studies, "because it's a low-calorie diet."

And, she says, everybody in the field already knows that when people lose weight, no matter how they do it, they improve the levels of cholesterol and other blood products that can be harbingers for cardiovascular disease.

"The real concern with this kind of diet," says Barbara Rolls, a professor of nutrition at Penn State University, "has always been its long-term effects." Then once you start adding carbs back into your diet, your weight goes up.

In addition, the lack of carbohydrates in this diet causes its own health risks. Such diets prompt the body to make ketones, chemicals like the ones found in nail-polish remover. The body flushes these ketones out and loses sodium and potassium in the process, which can lead to dehydration and abnormal heart rhythms. Doctors have also voiced concerns about the long-term effects of the diet on the kidneys and bones.

OK, so Atkins' and all the other low carb diets may not be a good long-term bet. How about just trying it for a little while to lose weight and then going back to healthier eating habits?

Rolls pooh-poohs that idea as well, because the weight will probably go right back on. She says studies have shown that people have much more success maintaining a weight loss when it is gradual — or, as you learned in kindergarten, slow and steady wins the race.

AND, Just go into any store and you will find rows of diet bars, diet drinks and diet pills!!!! Slim Fast, with all the vitamins and minerals your suppose to need, or the "Cyclone Diet Drink" that you can lose 10 pounds in 24 hours, but try to get through the day with just liquids and not over eat later in the day! Metabolife, Fat Burners, Chromium Picolinate, Dexatrim, all to reduce fat and curb hunger! Doctors prescribe pills

to almost anyone with the money to buy them, like Fastems and Xenical available now. Then there was Phen Fen, widely prescribed, only to find now how dangerous it was, and since taken off the market because of heart valve problems.

We can and do spend millions to get slim and trim, only to re-gain all the weight lost, and sometimes more, or find we have spent foolishly! Not counting how unhealthy so many of the products we try are. I've mentioned only a few of the gimmicks out there, but all of us have been bombarded with these schemes.

You get right down to the nitty-gritty the only way your going to lose weight is to eat healthy & sensibly. Watch your portion sizes, & calories. If you work the Exchange plan you are in the long run watching sizes, and calories as well as fat. But work at it, what ever you do work at it!! Work at keeping your portions under control, work at eating more fruits, vegetables, and less breads, pastas, and red meats. Learn new low fat, low calorie food preparation; try new foods you have never eaten before. This does not have to be a bad experience! Make this journey in weight loss enjoyable and fun, but save your money and stay away from the fad diets, that will harm you or hit you hard in the pocket book! It will take time to lose the weight, but you can do this with just a little effort everyday, every hour!!!